

# MCAD

# PARENT’S SUMMER CAMP INFORMATION PACKAGE



5516 Spring Garden Road RPO

PO Box 36152

Halifax, Nova Scotia

B3J 3S9

Welcome Parents,

The Maritime Centre for African Dance was formed in 2005 and is a firm believer in diversity, and a promoter of cultural awareness. We have taught over 60,000 individuals across North America, opening up as many minds as possible.

We are excited about the unique summer camp opportunity, and hope you are as well. This summer there are MCAD summer camps all across Canada, and the United States to promote cultural awareness to kids/youths ages from 5 to 20, through dance, music, and theatre. This information package is to help you get to know MCAD and see what we’re all about. Some things that are included in this information package include who is MCAD, a brief overview of some of the activities, testimonials, a sample schedule, and more.

Thank you for your interest in our Cultural Xpressions summer camp, and if you have any questions about the camps, you can reach us at [info@mcafricancamps.com](mailto:info@mcafricancamps.com) or at (902)225-9267.

Sincerely,

Lynn Lam

Nova Scotia Marketing Manager

## WHO IS THE MARITIME CENTRE FOR AFRICAN DANCE

The Maritime Centre for African Dance (MCAD), formed in 2005, is an organization dedicated to teach, sharing, and promoting African Culture through the art of dance, to youth and adults across Nova Scotia and Canada.

To date, MCAD has taught well over 600,000 children and adults in schools, community centers, camps and programs, and this number is still increasing.

MCAD was formed out of necessity, due to the lack of cultural representation, in the form of traditional African dance, and representation of culture in Canada. MCAD is a collective of different individuals from Africa who are trained in traditional dance and ranges from all corners of Africa.

To date, MCAD’s Fara Dance troupe has performed for various prestigious events including:

* African Inaugural Ball held in Washington D.C for President Obama
* Canada Games 2011
* Vancouver Winter Olympic Games (short listed)
* Multicultural Festivals (all across Canada)
* African Festivals (across Canada)

Every year MCAD holds Afro Dance camps, which is trademarked, for children/youth ages 8- adult. The camps features cultural dance from areas such as Kenya, Zambia, and South Africa to learning to play traditional instruments such as Marimba (xylophone), Djembe (drum), and Mbria (thumb piano). Anyone of any background, with or without dance experience is encouraged to come join the summer camps, and participate in such a unique opportunity.

The goals of the MCAD camps are:

* To increase cultural awareness around Canada and the world
* To share in the culture and celebration of the cultural dance
* To change youths’ lives and the way they look at African Culture. In a world where the images of Africa are portrayed a certain way, the camp aims to give a **positive** outlook on African culture
* To encourage understanding of diversity for youth through the various activities
* To have open conversations on culture and cultural impact on everyday life
* To create a **leadership environment** in which youths take responsibility for their everyday activities

## THE ARTS OF AFRICA

At the Maritime Centre for African Dance our goal is to broaden individuals’ minds and expose them to new things and a new culture. We pride ourselves on our mission of promoting cultural awareness to as many people as possible, and are excited that you interested in the same goal.

At our summer camps your child will get to learn the steps to traditional African dances from the many different countries of Africa that are taught by trained professional instructors that specialize in teaching dance from a particular origin. The dances are a great form of exercise, and they are fun, interactive, and a unique opportunity.

Not only will the kids get to learn authentic African dances, but they will learn how to play African music with authentic African instruments such as a djembe, which is a rope tuned, skinned covered drum. The kids will be taught how to use, and play the instruments by camp leaders and instructors, and also learn about the origin of the instruments and the culture behind it.

The kids will have a chance to learn about the different countries in Africa by camp leaders, and have a story telling time which will include African literature.

Our camps are a one of a kind camp, and there is no other camp like ours across North America. Not only do our camps promote health and wellness, but we also educate others on the African culture by teaching individuals the background on every dance that is being taught, and every instrument that is being played. We are proud to have sparked interest in as many people as we have thus far, and are excited that your child will get to be a part of this camp experience.

## FREQUENTLY ASKED QUESTIONS

**What kind of training has the counsellors had?**

Safety is number one with all of our camps at MCAD. The staffs are trained in conflict resolution, leadership skills and first Aid. There are also police clearance with child abuse registry and background checks. MCAD also brings in a social worker to speak to the campers to inform them what warrants danger or red flags.

**Where and what kind of place will my child be staying at?**

The camp is divided into two separate areas, the boys and girls are separated in cabins and are not permitted to visit the other cabins. Within each of these cabins the children have a bathroom and showering facilities which are to be used solely by those staying in that specific cabin. This way no one must leave the cabin in order to go to the washroom or shower. Our camp director and leaders stay awake until 3 am. to ensure that the general safety of the campers is upheld. Each camper will have a bunk bed with a ‘foamie’. Parents are welcome to provide more cushion for their child’s bed if they feel that it is needed. We also like to ensure that the food that we have is served in a plentiful manner and is healthy. For more specific menus you can look on the MCAD website for meal details. If your child has any allergies please let us know in advance so we can accommodate to your child’s needs.

**What is my child has allergies or gets sick?**

If your child is on any medication, each camper is required to bring TWO sets of their medication and provide one for the Camp Leader, and one with the Camp Co-ordinator. When registering for the camp each camper must fill out a form explaining any medical history or medication so MCAD can be fully prepared. On site we do have a nurse who is highly proficient and able to accommodate your child.

**Can my child bring a cellphone?**

There are no electronic devices such as a cellphones, MP3’s, or laptops allowed on the camp site. During our camps we want the children to get the entire experience by feeling like they are in an African village. Therefore, there will be certain music that will be played during the workshops and meals for the children. All the campers will have allocated phone times to call home, and keep their family members updated on their camp experience, parents will also be provided with a contact number for their child(s) in case of an emergency.

**What if my child wants to go home?**

At MCAD we have a FULL BACK MONEY guarantee for any child that wishes to come home in the first three days. It is our hope that any first day jitters will be gone after the first few days when they get used to and are kept busy by all of our entertaining activities.

## WHAT YOUR CHILD BENEFITS FROM A SUMMER CAMP

Summer camps are a fun and exciting time in a child’s life. They get to experience something they normally don’t get to experience, meet new peers, and create long lasting memories. But summer camps do more for children than just that. An article by Michael Ungar Ph.D, in Psychology Today lists off the benefits of summer camps for a child.

1)    New relationships, not just with peers, but with trusted adults other than their parents. Just think about how useful a skill like that is: being able to negotiate on your own with an adult for what you need.

2)    A powerful [identity](http://www.psychologytoday.com/basics/identity) that makes the child feel confident in front of others. Your child may not be the best on the ropes course, the fastest swimmer, or the next teen idol when he sings, but chances are that a good camp counselor is going to help your child find something to be proud of that he can do well.

3)    Camps help children feel in control of their lives, and those experiences of self-efficacy can travel home as easily as a special art project or the pine cone they carry in their backpack. Children who experience themselves as competent will be better problem-solvers in new situations long after their laundry is cleaned and the [smell](http://www.psychologytoday.com/basics/scent) of the campfire forgotten.

4)    Camps make sure that all children are treated fairly. The wonderful thing about camps is that every child starts without the baggage they carry from school. They may be a geek or the child with dyslexia. At camp they will both find opportunities to just be kids who are valued for who they are. No camps tolerate [bullying](http://www.psychologytoday.com/basics/bullying) (and if they do, you should withdraw your child immediately).

5)    At camp kids get what they need to develop physically. Ideally, fresh air, exercise, a balance between routine and unstructured time, and all the good food their bodies need. Not that smores (marshmallows, chocolate and graham cracker treats) don't have a place at the campfire, but a good camp is also about helping children find healthy lifestyles.

6)    Perhaps best of all, camps offer kids a chance to feel like they belong. All those goofy chants and [team](http://www.psychologytoday.com/basics/teamwork) songs, the sense of common purpose and [attachment](http://www.psychologytoday.com/basics/attachment) to the identity that camps promote go a long way to offering children a sense of being rooted.

7)    And finally, camps can offer children a better sense of their culture. It might be skit night, or a special camp program that reflects the values of the community that sponsors the camp, or maybe it's just a chance for children to understand themselves a bit more as they learn about others. Camps give kids both cultural roots and the chance to understand others who have cultures very different than their own.

## TESTIMONIALS & PAST CAMPER’S STORIES

“One of our attendees first came to the camp when she was eight years old. She was initially very frightened to go away for a week at camp. At the camp she not only made a lot of friends, but learned about the African culture and fell in love with it. By the end of the camp she was crying as she didn’t want to go home. At the age of 11, she became our **youngest** camp assistant leader as she showed leadership and initiative. At her school, she has initiated an African dance after school program that is comprised of 20 youths. She teaches the choreography that she learned through the camps and classes”

“A camp attendee, who was a youth at risk, was labelled a trouble maker at his school. He first came to the camp with a lot of baggage and over the past four years, he has become an assistant camp leader. His teachers said that they had noticed a change in him when he became assistant camp leader last year. This year, will be his first year as a camp leader and he is now 16. Not only is he looking forward to attending university, but his teachers have said that his grades have improved immensely.”

Letter given March 21, 2012:

Dear Mufaro,

Thank you so much for coming to our March Break Camps and putting on the dance presentation for them this week. The visit was a total success due to your superb staff. It was a wonderful experience, and all the children had an outstanding time. Parent’s feedback on the visit was nothing but positive and encouraging words. The visit was truly the highlight of the week and the one thing the kids will remember. We look forward to working with you and having your dancer visiting again in the future. On behalf of the entire Excel Child Care Program, thank you for everything.

Sincerely,

Keith Blackburn

Camp Coordinator &

Joanne Williams

Excel Coordinator

**Camp Nedooae**

**Musquodoboit**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Sat. July 14 | Sun. July 15 | Mon. July 16 | Tues. July 17 |
| 7-8AM | Kids Arrive | Wake up  Shower | Wake up  Shower | Wake up  Shower |
| 830-930AM |  | breakfast | Breakfast | breakfast |
| 9/30-10/15 |  | walk + stretch | Walk+ stretch | Jog + Stretch |
| 10/15-11/15 |  | Intro to Dance 1  Intro to Dance 2 | Intro to Dance 1  Intro to Dance 2 | Intro to Dance  Intro to Art until 12 |
| 11/15-1PM |  | Storytelling | Intro to Music  Intro to Creative movement | 12-1  African Games |
| 1PM-2PM |  | LUNCH | LUNCH | Kids leave |
| 2PM-3/30PM |  | Intro to Music  Intro to Dance | Intro to Dance  Intro to Self-esteem |  |
|  |  | DIARY REFLECTION | DIARY REFLECTION |  |
| 3/30-5PM |  | Intro to Drama  Intro to Art | Intro to Drama  Intro to Art |  |
| 5PM-5/45 | Arrive at 5pm – cabin assignment | Swimming | Swimming |  |
| 5/45 – 7PM | SUPPER | SUPPER | SUPPER |  |
| 7PM – 8PM | Ice Breaker  Games | Cultural Introduction to Africa | Intro to Music |  |
| 8PM-9 | Camp Fire | Intro to creative movement and Camp Fire | MOVIE |  |
| 9-9/45PM | Free time | Camp Fire | NIGHT |  |
| 10PM | Lights out | Lights out | Lights out |  |

\*\*Please note that 1:30pm activities should be changed if weather isn’t suitable for the activity\*\*

\*\*THIS IS A TENTATIVE SAMPLE\*\*

**Cultural Expressions**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday,**  **July 16** | **Tuesday,**  **July 17** | **Wednesday, July 18** | **Thursday, July 19** | **Friday,**  **July 20** |
| 8am | Arrive at Camp | Arrive at Camp | Arrive at Camp | Arrive at Camp | Arrive at Camp |
| 8:15am | Ice Breaker Game | African Game | African Game | African Game | African Game |
| 8:45am | Intro to African Culture/History | Intro to Drama | Intro to Choir | Intro to Drama | Intro to Art (Auntie Mary) |
| 9:45am | Snack time | Snack time | Snack time | Snack time | Snack Time |
| 10:15am | Intro to Dance | Intro to Dance (Jonathan) | Intro to Instrument (Keaton) | Intro to Instrument (Keaton) | Intro to Choir |
| 11:15am | African Food Cooking Lesson (Auntie Mary) | Intro to Art (Auntie Mary) | Intro to Dance (Jonathan) | Intro to Art(Auntie Mary) | Group Practice |
| 12:15pm | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1:00pm (Swimming)  1:15pm (other) | African Treasure Hunt | Swimming | African Food Cooking Lesson | Nature Hike | Swimming |
| 3pm | Intro to Instrument (Keaton) | Intro to Instrument (Keaton) | Intro to Drama | Intro to Dance (Jonathan) | Group Practice |
| 4pm | Snack | Snack | Snack | Snack | Snack |
| 4:30pm | Intro to Choir | Story Time | Group Practice | Story Time | Final Performance |
| 5:00pm | Depart | Depart | Depart | Depart | Depart |

\*\*Please note that 1:30pm activities should be changed if weather isn’t suitable for the activity\*\*

\*\*THIS IS A TENTATIVE SAMPLE\*\*